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the rules



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the new wham mag

issue 350 // 23 September – 6 October 2016 // Every fortnight



Destination
beach

Residents enjoy
seaside fun (p16)

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News

School's transformation is outstanding

Kensington Primary School is celebrating after it received an outstanding rating from Government inspectors – just two years after being judged as requiring improvement. The school is the fourth in the borough to go from requiring improvement to outstanding.

Following an inspection by the Office for Standards in Education, Children's Services and Skills (Ofsted) in July, the school has been described as an 'exciting place for pupils to learn. It inspires them to work hard and reach their potential.'

The inspectors found that the excellent knowledge teachers at the school have of their subjects and their consistent use of assessments means that pupils make rapid progress which they maintain as they move throughout the school.

The report highlights that parents are extremely positive about the school, and say that their children are happy, safe and taught very well. The majority of parents would also recommend the school to others.

It also found that the school's curriculum helped inspire pupils and that its after school clubs, visits and trips were very effective in broadening their pupils' horizons.

The school, in Kensington Avenue,

Manor Park, is attended by around 530 pupils. It has worked hard to improve its standards since it was originally inspected in 2014.

Ben Levinson, acting head teacher, said: "It has been a long journey for the school and we would like to

thank everyone for their support, encouragement, and belief. This is the result of an incredible amount of hard work and commitment from everyone involved.

"We got this far by always demanding the best and looking for ways to improve: we will continue to do this."



Mayor Sir Robin Wales at a recent visit to the school

School inspires pupils to reach their potential

News

Festival heralds return of top class cricket

Keen youngsters from across the borough brought back top class cricket when they took part in the Newham Cricket Festival.

The event, which took place in Flanders Field, East Ham, resulted in more than 600 runs scored by the two teams, Essex Development 11 and East London 11.

The festival proved to be a landmark for the Newham Cricket Club which has continued to expand since it was established in 2008. The club also relies heavily on volunteers who have invested in bringing back top class cricket to the borough.

The match was played as part of the annual Newham Cricket Festival and included free training for Newham youngsters and the Player of the Year awards for the club's Under 8 to 15 colts' teams.

Councillors Ken Clark, Clive Furness and Forhad Hussain were among those attended. Cllr Hussain, cabinet member for crime and anti-social behaviour and deputy for building communities said: "It was a wonderful and engaging day with the local Newham cricketing community coming together to show their passion for the game."

For more information visit www.newhamcc.co.uk



Councillors joined the cricketers



Cllr Furness with market traders and CSP staff

Putting your back into exercise

Physiotherapists manned a stall in Stratford Market to help educate shoppers about managing back pain and destroy the myths around exercise if they suffer from it.

They were joined by Councillor Clive Furness, mayoral adviser for adults and health, who helped distribute information to passers-by and discussed common myths as part of the Mythbusters campaign launched by the Chartered Society of Physiotherapy.

Some of the common myths are that moving will make it worse, that sufferers should avoid exercise, and that pain equals damage.

Cllr Furness said: "It is easy to understand how many people think exercise can make back pain worse but in most cases it is important to stay mobile, doing regular activities such as exercise. It was great to work with the physiotherapists as they spoke to Newham residents in detail on how to manage back pain."

Back pain is the leading cause of absence in UK

...in brief

Youngsters put in a tidy effort

Youngsters supported by Newham Council's Stratford community neighbourhood team have helped to tidy an eyesore alleyway in Vicarage Road.

The group, all connected with the nearby Highway Church, took part in an environmental clean-up project working with the charity CleanupUK and the council's public spaces team.

They worked on clearing the alleyway of litter before moving on to the front gardens of local resident's homes to help give them a bit of a spruce-up. Community artist Madhumita Bose is set to work on a gate, funded by the owners of the alleyway, that should deter people from dropping litter in future.

The young volunteers also painted an eyesore site in West Ham Lane. It was part of a Love Stratford initiative organised by the Highway Church and other churches in the area, supported by the Forest Recycling Project charity.



Young volunteers in action

Don't be left in cold

Newham Council is encouraging vulnerable residents to begin thinking about keeping warm in order to prevent colds or serious health conditions.

National Energy Action are offering free heating improvements to a limited number of people. To be considered you must be over-18, in owner-occupied or private rented property, have a health condition or diagnosed disability or an income below £16,100 or receiving benefits.

To register email elizabeth.ogunleye@newham.gov.uk or call **020 3373 1430**.

Take charge of your health

Residents with two or more long term conditions can now work with their local pharmacy to come up with a personalised plan to help them better manage their health and wellbeing.

Together with their pharmacist, people will develop a personalised 'My Wellbeing Plan' that identifies their health goals. These might include making positive changes to their lifestyle by being more active, eating healthier or getting involved in their local community. For more information visit: www.newhamccg.nhs.uk

Focus on elderly

Older residents can look forward to activities including yoga, knitting, arts and crafts during October.

They will be organised by Newham Council's Community Neighbourhoods across the borough to celebrate the UN International Day for Older Persons.

For full details visit www.newham.gov.uk/opmonth or to book your place email CHSocialCare@Newham.gov.uk or call **020 3373 2809**.

Health trust is rated 'outstanding'

The health trust which provides mental health and community services for Newham residents has been rated as 'Outstanding' by the Care Quality Commission.

The East London NHS Foundation Trust is the only mental health and community health trust in London and the east of England to be rated as 'outstanding'.

The rating follows an inspection by a team which carried out an extensive two-week assessment in June during which they visited 86 services and spoke to more than 300 patients, 700 members of staff and 52 carers.

Inspectors also examined community and mental health services in Newham.

Young volunteers join in community clean-up

Mayor's view

Government must lower the stakes

Our campaign for the Government to change the amount that can be bet on the addictive high stakes machines known as fixed odds betting terminals (FOBTs) has been in the news this month. I was interviewed by the BBC's Panorama programme and also lobbied MPs in Westminster to change the law.

Newham has one of the highest number of betting shops in England with 84 licensed premises. This is because bookmakers cluster in one location to sidestep the cap on the number of FOBTs in a single store.

"Proper regulation of these machines is badly needed."

Proper regulation of these machines is badly needed and reducing the stake to £2 would bring them in line with other machines on the high street.

That's why in November 2014 we made a submission under the Sustainable Communities Act calling on the Government to act.

Newham led a group of 93 local authorities of all political persuasion from across the country. As a result of our campaign pressure for change has been building to reduce the harm caused by these machines, dubbed 'the crack cocaine of gambling'. Despite this, the

previous Government refused to act, choosing instead to back the gaming industry that pocketed £1.7 billion from FOBTs last year, allowing the Treasury to bank £450 million in tax.

The Panorama documentary highlighted the personal costs paid by those whose lives have been devastated by addiction to FOBTs – I showed the impact they have on our high streets.

I was also invited to the All Party Parliamentary Group on the issue to lobby

MPs to change the law. I explained the impact of FOBTs in Newham and the damage done to communities and local high streets by betting shops clustering.

Newham will continue to campaign on this issue until we see Government action to lower the stakes on FOBTs to £2.

The Panorama documentary 'Why are Gambling Machines Addictive' is available on iPlayer; you can support our campaign on Twitter using the hashtag **#LowerTheStakes**



Fixed odds betting terminals are damaging our communities



Funding formula is anything but fair

In March, the Government launched a consultation on a so-called fair funding formula for schools. This follows years of private lobbying by the F40 group of affluent local authorities who believe their areas are underfunded. Overall, F40's plans would see children in the 30 most deprived local authority areas in the country lose £245million, while the 30 wealthiest areas would gain £218million.

"I urge the Prime Minister not to put those achievements and the futures of Newham's children in jeopardy."

Under these proposals Newham alone could lose more than £30million. Our plans to increase social mobility would be dealt a huge blow if our pupils face these devastating cuts. Of course every area needs appropriate funding, but the answer is not to redirect resources away from England's poorest communities, the Government should instead make new resources available for currently underfunded areas. In July, I wrote to the Secretary of State for Education asking her to adopt the firm principle that no school in a deprived area should be worse



The formula could jeopardise future achievements of Newham's children

off as a result of changes to the formula. This principle is fundamental to making it fair and vital if we are to tackle injustice in modern Britain.

I have yet to receive a response from the Secretary of State but have written to the Prime Minister, Theresa May to impress upon her the importance of this principle.

The transformation of schools in London and other cities has been one of the most remarkable social accomplishments of the last thirty years. These achievements are now under threat. I urge the Prime Minister not to put those achievements and the futures of Newham's children in jeopardy.

New
Deal
For
Newham



Getting in the zone

We know that Newham is booming, thanks to regeneration spurred on by the 2012 Olympic Games. This has led to increases in jobs, homes, residents and visitors to the borough.

Although this has brought many benefits for the borough's residents, it has also had the effect of increasing traffic, congestion, damage to our roads and increased demand for parking.

As a result, Newham Council are currently rolling out a programme across the borough to introduce Residential Parking Zones (RPZs). It is part of our £100m investment to improve the borough's roads, transport and parking.

As part of our commitment to Keeping Newham Moving, we are determined to

prioritise parking for residents on their streets, eliminate commuter parking and keep the first parking permit free.

We know that since 2010 an additional 32,000 people have moved into the borough and that by 2025 that figure is expected to increase by another 60,000, taking our population to 385,000. In 2014 there were 72,000 registered vehicles in the borough.

Although two thirds of the borough is already within an RPZ, by the end of the project, RPZs will apply throughout Newham.

We also know that we are a magnet for commuters parking in the borough looking to save a few pounds, but by rolling out the remaining third of the borough with RPZs, we can get rid of this problem and ease congestion and pollution.

Councillor Ken Clark, Cabinet member of building communities, public affairs, regeneration and planning, said: "Rolling out RPZs across the borough will prioritise parking for our residents and give them more freedom to move about



in Newham whether they are visiting family and friends or popping to the shops.

“We are committed to making travelling through Newham as smooth and easy as possible.”

“We are committed to making travelling through Newham as smooth and easy as possible.”

Event Day Parking

When events are held at the London Stadium in Queen Elizabeth Olympic Park, we operate an event day parking zone in the surrounding area to reduce

the disruption to local residents and businesses. These areas include the following five residential parking zones (RPZ): Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham.

We have set up these zones to make sure residents and businesses have priority for parking in the local area when crowds of more than 15,000 people are expected to attend.

On event days, the RPZs will operate on extended hours from 8am to 9pm and only permit holders can park in the zones. In addition RPZs will apply on event days, which can be Saturdays or Sundays, when they wouldn't normally apply.

The next event dates and times are clearly displayed on all of the signage as you enter the event zone.

Please ensure that you regularly check the signage so you are fully aware of upcoming events.

Top tips

Plan your journey and check parking before you travel and visit www.newham.gov.uk/eventparking for more information.

Provisional forthcoming events at London Stadium include West Ham United fixtures on:

Sun 25 Sept – Southampton

Sat 1 Oct – Middlesbrough

Sat 22 Oct – Sunderland

Events for older people during October

Newham Council's Community Neighbourhoods Link Workers are hosting events across the borough throughout October to celebrate the UN International Day for Older Persons.

Activities on offer will include:

- Live entertainment
- Knitting
- Health MOTs and advice
- Yoga
- Painting, arts & crafts
- Zumba
- Lunch and refreshments

For full details visit www.newham.gov.uk/opmonth or to book your place email CHSocialCare@Newham.gov.uk or call **020 3373 8323** or **07812 675 213**.



Access adult social care information online

Newham Council's adult social care website is the best place to access advice and guidance about local health and social care services. The website features a comprehensive Directory of Services and is available 24 hours a day, seven days a week.

www.newham.gov.uk/adultsocialcare



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Just say NO to hate crime

From 8 October to 15 October it is National Hate Crime Awareness Week. To raise awareness of hate crime against the Lesbian, Gay, Bisexual and Transgender (LGBT) community a dedicated team of Newham police officers will be working with their colleagues from British Transport Police at the borough's major transport hubs.

The reason is simple: Newham does not have a focal point where members of the LGBT community gather or a night club or other venue so they go into central London or the West End, passing through Stratford, West Ham or Canning Town stations.

Police Community Support Officer Douglas Waterman and PC Jez Briggs have been working for over a year to raise awareness of hate crime against the LGBT community in Newham and the fact that it is taken very seriously by the police.

They have been surprised at the response to their efforts with texts flooding in after radio interviews, requests to address community groups and a presentation at Shaftesbury Primary School in Forest Gate. Their once-a-month LGBT surgeries, held at Little Ilford Police Station in Parkhurst Road, Manor Park,

have proved to be particularly popular.

Pc Briggs said: "What was astounding was that the children knew all about LGBT and their understanding of the issues around that were really really good. I had presumed that many of their parents would not have talked about these issues because of their culture but I was wrong."

"We took the view that we would take a very pro-active stance with this and tell people why we are here."

Pcso Waterman said: "We took the view that we would take a very pro-active stance with this and tell people why we are here and it has just snowballed and gained its own momentum."

"One of the things that we are clear about is that LGBT issues exist in communities in Newham, even without people wishing to discuss them!"

If you are a victim of hate crime, dial 999. To discuss issues in confidence, or to find out more email Douglas.Waterman@met.pnn.police.uk

Meet us on Hate Crime Awareness Week: **Mon, 10 Oct**, 8-10am, Stratford Station; **Tues, 11 Oct**, 8-10am, Plaistow Station; **Weds, 12 Oct**, 8-10am, Canning Town Station; **Thurs, 13 Oct**, 8-10am, West Ham Station; 4-7pm, Stratford Bus Station; **Fri, 14 Oct**, 8-10am, East Ham Station; 4-7pm, Stratford Station; **Sat, 15 Oct**, 1-3pm, Stratford Bus Station.





Newham in pictures



1 Every little bit helps. Volunteers take part in a community clean-up in an alleyway near Vicarage Road, Stratford, E15. **2** Happy faces. Pupils at School 21, in Pitchford Street, Stratford, E15, find out they've won an award. **3** Take that. One of the youngsters who took part in a cricket festival at West Ham Park, in Forest Gate, E7. **4** It was this big. A book lover at Discover Children's Story Centre in the High Street, Stratford, E15 during its re-opening. **5** Beauty and the Beast. Two young attendees at a street party in Kingsland Road, Plaistow, E13.



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They don't get away with it

Tackling fly-tipping, littering and anti-social behaviour is a priority for Newham Council and we work hard to ensure that our streets are clean and safe.

We will not hesitate to prosecute those responsible for dirtying our borough. Our most recent prosecutions went to court last month.

One fly-tipper was caught dumping garden waste in Watson Avenue, East Ham on the night of Tuesday 19 January 2016. Ivalyo Nikolov, 25, of Boundary Road, Plaistow was ordered to pay a total of £1,232 after admitting the offence and not having a waste carriers licence when he appeared at Thames Magistrates Court.

He was fined £665 for the fly-tipping and ordered to pay £500 costs. Fly-tipping is a criminal offence punishable by a fine of up to £50,000 or 12 months imprisonment if convicted by magistrates. The offence can attract an unlimited fine and up to five years imprisonment if convicted in a Crown Court.

The photographs on this page show people we want to question about anti-social behaviour offences. If you recognise anyone please call **020 3373 4479** and quote the reference number beside the image.

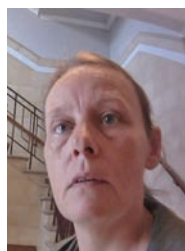
To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute, including publishing a photograph of you if we need to establish your identity. Contact us now and maybe you will be able to avoid prosecution.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
 - you will not be required to leave your contact details
 - you will not have to make a statement.
-

Call 020 3373 4479 and quote the reference number underneath the image.



Ref: 90032914



Ref: 90016709



Ref: 90032997



Ref: 90039715



Ref: 90040923



Ref: 90040988



Ref: 90054315



Don't put up with rubbish. Don't drop it and if you see it, report it. To get it cleared up, report it online at www.newham.gov.uk/MyNewham or download the Love Newham app by visiting www.newham.gov.uk/lovenewham

CAUGHT ON CAMERA

Sun, Sea and Sand in Southend

Most of us can remember the thrill of a trip to the seaside, complete with donkey rides and ice cream, sand castles, and if lucky, some sunshine. Newham Council took more than 200 of our residents to Southend for a day, bringing them together to make new friends and create precious memories.

The trips, over four days, are part of the work done by staff at our eight community neighbourhoods to engage with residents, bringing people together irrespective of their faith, background, age or ability.

“The whole aim of our work in Community Neighbourhoods is bringing people together and fostering a strong community spirit”

Each of our community neighbourhood teams took a coach full of residents to Southend. The teams were set up to help bring local people together through a range of initiatives and activities throughout the year.

The trips were aimed at helping people who live alone to meet other people in their local area, as well as enjoying the sights and sounds of the Essex coast.

They were joined on the trips by a number of local councillors and members of their local Community Neighbourhood Teams. The coaches were supplied by Goldline from

Leytonstone.

While in Southend people had the chance to walk along the seafront, visit the beach, look around the shops and enjoy the seaside favourite of fish and chips.

The trips proved a huge hit with everyone who went on them – with the teams receiving a host of positive feedback including: ‘fabulous seaside visit, very enjoyable’; ‘helpful pleasant staff, good company, and a good day’; and ‘Excellent, very good day. Enjoyed every moment’.

Councillor Ken Clark, cabinet member for building communities, public affairs, regeneration and planning, said: “These trips were aimed at giving some of our older residents an enjoyable day while also helping them meet new people and make new friendships.

“All the residents who went on the trips thoroughly enjoyed their visit to the seaside and I understand some of them had a good sing song on the coaches as well.

“The whole aim of our work in Community Neighbourhoods is bringing people together and fostering a strong community spirit. These trips were a fun way of achieving this aim.

“Supporting and enhancing the lives of older residents is one of the council’s most important roles. We also see bringing communities together as one of our core purposes, helping dispel loneliness for the most isolated of our residents.”

What the residents said

Ms Samala Krishnaradyou, , said: “The day was arranged very well. Well planned top to bottom start to end.”

Ms Sarah Bote Kurome enjoyed it so much that she can’t wait to go again. She said she wanted: “more trips to be arranged for the near future.”

Ms Carman Marston said: “The journey to the Seaside was lovely. I enjoyed it very much. A lovely crowd.”



London Borough of Newham

COMMUNITY NEIGHBOURHOODS

KEEPING NEWHAM MOVING



For more information and to have your say, visit www.newham.gov.uk/moving

Newham is growing and we want to make sure residents can travel within their borough safely and easily. So the council is improving streets by:

- Investing £100 million in roads and lighting over the next 10 years
- Tougher enforcement of yellow box junctions
- New residential parking zones, designed with your help
- Free 20 minute parking across the borough
- More car clubs to help you get around



In May, Newham Council awarded Freedom of the Borough on ten individuals and one organisation for their significant contribution to Newham life now and in the past. Four people also received the title of alderman or alderwoman. The Newham Mag is highlighting all their stories. In this edition we focus on Lew Boyce, who served as a Newham councillor for 12 years, and was awarded Freedom of the Borough.



Lew represented the residents of what was then Monega ward from 1982 to 1994. He, along with Frank Jackman who was also elected in 1982, was the first of African Caribbean heritage to be elected to the council.

During his time with Newham Council Lew served as Chief Whip and also chaired the committee that introduced the council's first race relations policy. He strove for race equality throughout his working life, not just as a councillor, but also during his time as a duty station manager with London Underground.

Mayor Sir Robin Wales said: "Lew served as a councillor at a time when

many in the community didn't trust politicians. He contributed much to restore confidence in the political system."

"Lew served as a councillor at a time when many in the community didn't trust politicians. He contributed much to restore confidence in the political system".

Lew was a founding member of the Newham African Caribbean Alliance, a coalition of organisations which 30 years

ago fought to have a cultural centre for the African Caribbean community in Newham. As a result, he served as a director of the Newham African Caribbean Resource Centre in Plaistow from 1991 to 1999 and was also secretary and chair of its management committee.

Lew was a governor of Monega Primary School for almost 20 years, 15 of those as chair. He has also been instrumental in actively protecting the health of Newham's African Caribbean communities for many years by being involved with the Sickle Cell Society and more recently with the Association for Prostate Awareness and Cancer You Are Not Alone (CYANA) charity.

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Residents struggling to cope with the everyday cost of living can receive emergency cash at affordable rates by registering with Newham's MoneyWorks shop.

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TEACHER BOBBY RISES TO CHALLENGE

A Newham teacher educated in the borough has appeared on University Challenge.

Bobby Seagull, 32, combines his work as a maths teacher at the East London Science School in Bromley-by-Bow, with studying for his Masters at Emmanuel College at Cambridge University.

He was captain of the team which played against Nottingham University, beating them 175-135. They will now go on to take part in round 2 which is due to be broadcast in November or December.

Bobby is a former student from St Bonaventure's school in Forest Gate where he was deputy head boy. He said: "I introduced myself as from "East Ham in the London Borough of Newham" – possibly the first time anyone has ever introduced themselves like that on the programme.

"I'm very proud of my roots - being born and bred in Newham, having gone to primary school here, Nelson school and St Michael's (both East Ham) and secondary at St Bonaventure's (Forest Gate)."



STRATFORD RISING STARS COME OUT TO PLAY

Councillors Winston Vaughan and Joy Laguda helped launch a group that aims to provide children with opportunities to learn new games and take part in other activities.

Stratford Rising Stars is aimed at boys and girls aged five to 11 and is run by the Girls Brigade. The group will be based at St Matthews Church, in Dyson Road, Stratford and will meet on Mondays from 6pm until 7.30pm. Its aim is to help children in the area learn and improve skills in a series of sports, games and other activities. There is a charge of £1 for refreshments.

At the launch children and adults enjoyed games, arts and crafts, challenges and music and refreshments.

The group held its first meeting on Monday 12 September.

For more information, or if you have a child interested in attending, call the church at 020 8221 0902 or Lillian Longo on 07767 915290.



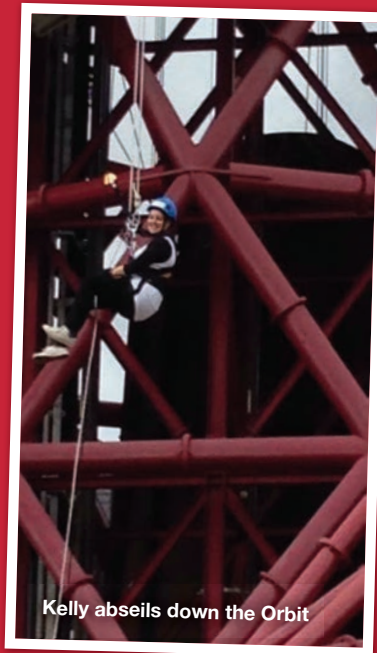
MUM FACES FEAR OF HEIGHTS, SCALES THE ORBIT

Kelly Herbert, a mother of two from Plaistow, overcame her fear of heights to abseil down the ArcelorMittal Tower to help raise money for charity.

Kelly, whose son Jake has Autism, scaled the 262ft tall Olympic landmark to raise money for Cerebra, a charity that supports children with neurological conditions such as Downs Syndrome.

She said: "I was inspired to help the charity because I know first hand how daunting it is for parents whose child has a neurological condition. From the first steps of getting a diagnosis to ongoing support or adapting special equipment, charities like Cerebra help support those who need it."

"I'm terrified of heights so this really pushed me. It was such a mixture of terror and exhilaration – stepping off the platform was the scariest moment of my life but knowing I was raising money for a great charity spurred me on."



Kelly abseils down the Orbit



Youngsters enjoyed the day

Celebrating Olympics success

Residents of all ages tried out a variety of sporting activities in Stratford as part of a national event, I am Team GB.

As part of it, residents took part in basketball, tennis, archery, mini athletics, hula, Zumba and badminton at the Copper Box Arena and Roof East, in Stratford. The day's events were organised by Parklives and activeNewham as a way of allowing people to celebrate the success of Team GB at the 2016 Rio Olympics.

The day was backed by ITV which blanked its screens for an hour as a way to encourage people to get active.

Vicki Read, ParkLives project coordinator, said: "The day was a big success and we are glad that so many people took the opportunity to have a go at the activities. The event also gave our residents the chance to get into the Olympic spirit."

Music lovers help gran raise cash

Newham residents who put their spare cash into buckets during Under the Stars have helped Councillor Freda Bourne raise almost £10,000 for the Cardiac Risk in the Young, CRY, charity.

Cllr Bourne, whose grandson Harley Brandon, 21, died suddenly in January from an undiagnosed heart condition, is campaigning to raise awareness about the condition and introduce testing to diagnose it.

She, together with Harley's friends and family, have been fundraising since April so that the charity can raise awareness and provide mobile testing units. Cllr Bourne said: "Harley's death was a tragic waste of life and even more so because it could so easily have been prevented with a simple test. We hope this money will go towards helping to save lives of other young men like him."

Every week in the United Kingdom at least 12 young people die from undiagnosed heart conditions. If you are aged 14-35 and would like to be screened, visit www.testmyheart.org



Freda Bourne with Harley Brandon

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry

GALLERY



Aditi Ashok, 6



Hamritha Kenesten, 8



Mirza Asad farooq, 13



Hamza Chowdhury, 9

Win free membership at Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Wordsearch

Jokes

When do mothers have baby boys?
On Son-days!

Why did the boy take a pencil to bed?
To draw the curtains.

What did the farmer call the cow that had no milk?
An udder failure.

How do you make seven an even number?
Take the 's' out of seven.

Why do bees hum?
Because they don't know the words.

Where do frogs keep their money?
A River Bank.

What jam can't you spread on toast?
A traffic jam.

Why was the teddy bear not hungry?
Because he was stuffed.



N	E	I	G	H	B	O	U	R	H	O	O	D	I	M	T	N	E	T	T
S	L	A	R	L	T	O	G	N	U	R	P	S	A	M	M	A	M	L	L
K	L	O	L	L	E	S	T	I	O	O	I	E	R	P	R	E	E	E	O
C	I	A	W	R	P	R	T	E	H	M	L	X	A	E	R	P	C	R	T
F	A	T	M	E	G	T	U	I	R	T	U	O	N	S	K	O	R	A	H
T	T	C	C	M	S	N	R	T	O	U	E	T	C	C	N	S	J	Y	E
S	A	I	O	E	A	S	E	H	I	T	T	U	T	F	T	E	I	D	S
E	E	P	G	U	E	M	S	I	I	N	N	E	R	E	H	X	A	H	D
S	A	N	S	H	C	L	R	I	N	N	R	A	A	N	A	N	O	E	N
I	R	U	X	O	F	R	M	C	I	T	S	A	T	N	A	F	D	A	A
H	S	O	H	O	L	E	E	N	D	E	R	T	F	D	S	K	O	O	B
E	D	S	D	C	T	E	G	S	J	E	T	S	C	S	A	L	A	B	E

Colour
Cunning
Ears
Fantastic Mr Fox

Foxes
Mammals
Neighbourhood
Pelt

Snout
Species
Tail
Whiskers

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1

Board Games for Adults – Carrom Board, chess and other board games for adults. Over 18s free, Thursdays, 11am until 12pm, Green Street Library, 337-341 Green Street, E13.

2

Yoga Course – Free 10 weeks of yoga starting on 22 September. No previous experience needed. Call 020 3373 0826 to book. Sessions suitable for over 18s. Thursday 12pm until 1.30pm, Stratford Library, The Grove, Stratford.

3

Toddler and parent dance – Free session for carers and children under six to dance to cartoons and videos. Mondays from 2.10pm until 3pm and on Fridays from 3.30pm until 4.20pm. Green Street Library, 337-341 Green Street, E13.

ADULT CHESS CLUB

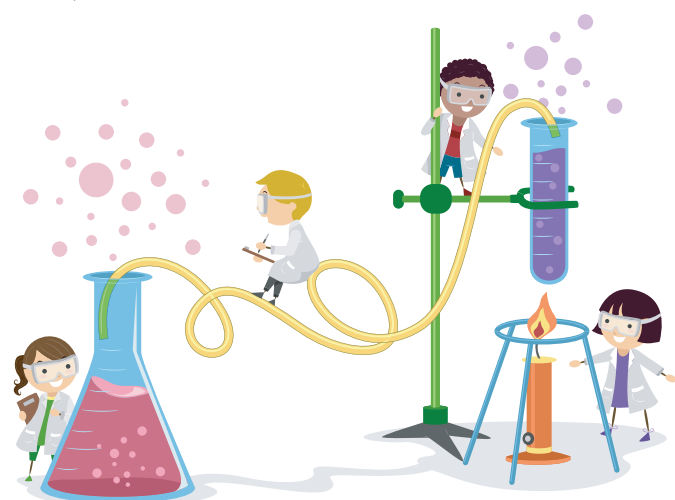
Learn or play chess for free. All abilities are welcome. No booking necessary.

Tuesdays, from 1pm until 2pm, The Gate, Woodgrange Road Forest Gate.



TRY SOMETHING NEW... SCIENCE CLUB

A chance for children to join our interactive Science Club and conduct experiments, watch demonstrations and record the results. For children aged 5-12 years. Thursdays, from 4pm until 5pm, The Gate, Woodgrange Road, Forest Gate.



Indicates free sessions

Libraries unless stated.

UNDER-FIVES

Toy Library

Introducing toddlers to borrowing toys. *Thurs, 11-12pm, Beckton*

Storytelling

Mon, 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues, 10.30-11.30am, Thurs, 2-3pm, Plaistow; Sat, 11.30am-12pm; Mon, 1.30-2.10pm, musical storytelling with videos, musical instruments, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am; Thurs, 10-10.30am, East Ham; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park; Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.30am, The Gate; Tues, 10.30-11.30am, Thurs, 2-3pm, Jeyes C.C.

Stay and Play

Support for parents and

carers to develop their child through play. *Tues, 9.30-11.30am, Jeyes C.C.; Thurs, 1.30-3.30pm, Jack Cornwell C.C.; Weds, 10am-12pm, Sat, 11am-1pm, Stratford*

Jiggaree Session

From Fri 16 Sept, 10-11am, Jeyes C.C.

Reading Together

Thurs, 2.30-3pm, Custom House 

Rhyme Time

Mon, 2.45-3.30pm; Tues, 10.30-11.15am, North Woolwich; Thurs, 10-10.30am, East Ham

Bumps and Babies

Fri, 1.30-3.30pm, The Gate; Mon, 1-3pm, Beckton Globe

Early Talk

Singing with your child to support early communication and brain development. *From Tues, 20 Sept, 9.30-11.30am, London Rd, E13*

Active Tots

Games and activities. *Thurs, 1-2pm, Stratford*

Baby Club

For parents and carers of babies under 18 months. *Mon, 9.30-11.30am, Stratford*

Story Time

Fun activities linked to popular children's stories. *Tues, 10.30-11.30am, East Ham*

Baby Massage

Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136. *Weds, 1-2pm, Stratford*

YOUNG PEOPLE

Games Club (7-16yrs)

Sony PS3, Xbox360, Nintendo Wii, board games and more. *Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Thurs, 4-6pm, The Gate*

Young Readers Club (7-12yrs)

Read and discuss your favourite books. *Tues, 4-5.15pm, North Woolwich*

East Ham Youth Zone

Sony PS4, DJ decks and other activities. *Tues, 4-7pm, East Ham*

Froud Young Project

(7-16yrs) *Mon, 3.30-5.30pm, Jack Cornwell C.C.*

Arts and Craft Workshop (6-12yrs)

Mon, 4.45-5.45pm, Beckton; Sat 2-3pm, Canning Town; Sat, 2.3pm, Custom House; Sat, 1-2pm, Tues, 4-5pm, Green St; Thurs, 6-7.30pm, Manor Park; Sat, 2-3pm, North Woolwich

Just Dance! (up to 12yrs)

Sat, 5.30-6.30pm, Green St

Family Fun Night

Arts, crafts, games and quizzes. *Weds, 5.30-7.30pm, East Ham*

East Ham IT Youth Zone

Support in using IT for homework and fun. *Mon, 4-7pm, East Ham*

Family Movie Club

Sat, 4-5.30pm, Tues, 4-5.30pm, Green St (up to 12yrs); Fri, 5.30-7pm, Manor

Park; From Sat 24 Sept, 2-4pm, Jeyes C.C.; Sat, 5.30-7.30pm, East Ham

Board Games Club (7-13yrs)

Weds, 6-7.30pm, Manor Park; Sat, 11am-12pm, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

Young People's Positive Activities (9-19yrs)

Weds, Fri, 7-9pm, Harold Road Centre

Children's Chess Club

Club for 8 to 16 year olds. *Thurs, 5-6pm, Custom House*

Time-2-Craft (16yrs+)

Various handicrafts. *Sat, 10am-12pm, Stratford*

Homework Club

Free study support. *Fri, 4-5.30pm, Beckton; Fri, 4-6pm, Canning Town; Fri, 4-5pm, East Ham; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Sat 1-3pm, Stratford; Sat, 10.30am-12.30pm, The Gate*

Film Club (16yrs+)

Thurs, 1-3.30pm, North Woolwich; final Friday of month, 6-9pm, Stratford

Children's Movie Club (5yrs+)

Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues, Sat, 4.30-6.30pm, Beckton

East Ham Performing Arts

Fri, 6.30-7.30pm, East Ham

Crafty Challenges

Fri, 5.30-6.15pm, East Ham

Table Tennis Mondays

Come along, meet new people and try your hand at table tennis. *Mon, 4-7.30pm (children), The Gate*

Lego Club

Create Lego models based on weekly themes, *Sat, 3-4pm, The Gate.*

Wii games and karaoke

For entire family, 3-13yrs, with parents. *Fri, 4.30-6pm, (Wii games); Weds, 3.30-5pm (Wii games); Thurs, 4.30-5.30pm (Karaoke), Green St.*

Family Bingo

First and third Thurs of the month, 6-7.30pm. 20p entry per person. *Green St.*

ACTIVITIES AND SUPPORT



Afternoon Tea

Weds, 4-5.30pm, Canning Town

Chess Club

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate; Thurs, 5-7pm, Custom House; From Weds, 21 Sept, 3.30-5pm, Jeyes C.C.

Coffee Mornings

Tues 11.30-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45-12pm, Canning Town; Tues, 11-12.30pm, Custom House

Do It Online (18yrs+)

Computer classes. *Weds, 2-3.30pm, Beckton; Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Tues, Thurs, 11am-1pm, Green St*

Knit & Natter (16yrs+)

Fri, 10.45am-12pm, Canning Town; Weds, 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, East Ham; Weds, 10.30am-12.30pm, Green St

ICT Surgery IT advice for all ages. *Fri, 2-4pm, Canning Town*

ICT Drop-in Session

Set up a My Newham profile and create an email account. *Fri, 11-1pm, The Gate; Mon, Weds, Sat, 9.30-11am, Stratford*

Deafroots Deaf Club

Quizzes and refreshments. New members £2, existing members £1. Contact angel@deafroots.org.uk or text 07985 242778. *Mon, 1.30-3.30pm, Stratford*

Life in the UK Classes

Support for people taking

the life in the UK test. Call 0208 542 3904. *Tues, 10am-12pm, Beckton; Weds, 12.30p-2.30pm, Jeyes C.C.; Fri, 12.30- 2.30pm, Green St; Weds, 10am-12pm, East Ham; Tues, 12-2pm, Stratford*

ESOL for Beginners

For adult learners seeking to improve their English. *Mon, Fri, 9.30am-12pm, Field C.C.; Tues, 9.30am-12pm, Fri, 9.30am-12.30pm, Jack Cornwell C.C.; Mon, Weds, 9.30am-3pm, Beckton C.C.*

Ballroom Dancing

(18yrs+) *Tues, 2-3pm, Beckton C.C.; Thurs, 2.30-4pm, Field C.C*

Citizens Advice Sessions

Sessions on money management. *Mon, 11am-1pm, Manor Park*

Introduction to Newham

Online Course *Sat, 11am-12.30pm, Manor Park*

Basic Computer Skills *Fri, 10.30am-12.30pm, Manor Park*

My Newham Workshop

Register with My Newham and access council services. *Tues, 6-7.30pm, Manor Park; Mon, 11.30am-12.30pm, Fri, 10.30am-12.30pm, Green St*

English Conversation Club

Practice spoken English. *Tues, 10.30-11.30am, Beckton; Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C.*

Stratford London

Toastmasters Public speaking club. *First and third Mon of month, 6-8pm, Stratford*

Docklands Drop-In Group

Weds, 1-3pm, Beckton C.C.

Get Connected

Bring your own device. *Weds, 1-2pm, Green St*

Model Train Workshop

Mon, 12.30-3.30pm, North Woolwich

Basic English for Beginners Mon, Weds and Thurs, 10.30-11.30am, Green St

Poetry Group (16+) Weds, Sat 11am-1pm, Stratford. Email sonesquin@hotmail.com

Workplace Drop-Ins For residents seeking employment. Weds, 5 Oct, 2-4pm, Stratford; Thurs, 6 Oct 1-4pm, Green St; Thurs 6 Oct, 2.30-4pm, Canning Town

Creative Writing Course (16yrs+) Register at 020 8257 4680. Fee applies. Sun, 2-4pm, Stratford

International Lunch Club £3 per meal. Mon, 12pm, Beckton C.C

Dominoes Sat, 2.30-7pm, Beckton

Singing for the Brain For people with dementia. 12.30-2.30pm, second and fourth Tues of month, Stratford

Memory Lane Café For people with dementia and their carers. 1.30-3.30pm, first Fri of month, Stratford; Last Thurs of month, 1-3pm, East Ham

Family Support Drop-In Fri, 1-2.30pm, Stratford

National Careers Service Advice on careers and qualifications. Call 07415 241941. First and third Thurs of month, Stratford

Knitting Course (16yrs+) Register at 020 8257 4680. Fee applies. Mon, 12-2pm, Stratford

Dressmaking Course Beginners (16yrs+) Register at 020 8257 4680. Fee applies. Mon, 10am-12pm, Stratford

Embroidery Group Create a community embroidered hanging. Thurs, 10.30am-12.30pm, Manor Park

Embroidery Course (16yrs+) Register at 020 8257 4680. Fee applies. Tues, 1-3pm, Stratford

Hatha Yoga (18yrs+) Bring your own mat. £3. Fri, 10.45am-12.15pm, Jack Cornwell C.C

Elevated Aspirations Open Mic Perform or watch others. Second and last Fri of month, 6-7.45pm, The Gate

The Gate Reading Group Contact the library for this month's book. Mon, 26 Sept, 6-7.30pm, The Gate.

Oral Health Drop-in Thurs, 6 Oct, 3-5pm, The Gate

Table Top Sale £6 per table, Last Sat of every month, book in person at Jack Cornwell C. C, 10am-1pm

Table Tennis Mondays Mon, 11am-4pm, The Gate

COMMUNITY ACTIVITIES

Mums2be Meetup Information and support for expectant parents. Third Sat of every month, 10-11am. Email newham@nct.org.uk

Mums, Bumps and Babies Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Senior Volunteer Police Cadets (13-17 yrs) Weds, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881378

Newham Super Choir Tues, 10.30-12pm, Beckton C.C

ManorFam Brings families together to make friends. Mon, 10.30-12.30pm, Manor Park

Singing for Health Tues, 2pm, Jack Cornwell C. C

BOXING AND SELF DEFENCE

Boxing (Newham College) Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing Mon to Fri, 4-5pm 10-14yrs;

Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Boxing and Self Defence (16+) Tues, 5-6pm, Jack Cornwell C.C

Street Self Defence 12 week course. Weds, 6.45-8pm, Altmere Infants School, Altmere Ave, E6 2BX. Call 07484 326853 for more details

West Ham Boys ABC Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Martial Arts (7-12yrs) £2. Tues, 6.45-7.45pm, Thurs 4.45-5.45pm, Beckton

Martial Arts Learn new skills, self defence, boost confidence in any situation. For adults, £3. Thurs, 6-7pm, Beckton Globe

HEALTH AND FITNESS

Salsa Dancing (18yrs+) Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class Fri, 10-11am, Beckton C.C. Fri, 11am-12pm, The Gate. Fri, 5-6pm, Beckton Globe; Fri, 11am-12pm, Forest Gate; Thurs, 6-7pm, East Ham

Yoga £5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham; Thurs, 6.15-7.45pm, The Gate; £1. Sat, 10am-12pm, Plaistow; Mon, Tues, 6-7.30pm, Green Street; Thurs, 6.15-7.45pm, The Gate

Tone-Tastic (18+yrs) Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C

Aerobics

Tues, 9.30-10.30am, Jack Cornwell C.C £2

Keep Fit to Salsa (18+) Sat, 2.30-4pm, The Gate

Walking Group Meet at the library. Sat, 10am-11am, Plaistow

Park Life Walks Guided walks to local parks. Mon, 10.30am, Green St; Tues, 11.30am-12.30pm, Beckton Globe

Buggy Fit Park walk with your buggy. Tues, 11.30-12.30pm, The Gate

Tai Chi in the Park (18yrs+) Mon, 11am-12pm, Forest Lane Park, E7

Zumba Free. Tues, 10.30-11.30am, Field C.C; Mon, 9.30-10.30am, £3, Fri, 9.30-10.30am, £2, Jack Cornwell C.C; Free. Fri, 12.30-1.30pm, The Hub; Tues, 5-6pm, mixed over 50s free; Thurs, 10.15-11.15am, for women, all ages £2.50, Stratford

Stroke Club (18+) For those living with the effects of stroke. Men and women. Weds, 2-5pm, Katherine Road C.C

Yoga Course (18+) 10-week course starting 22 Sept. Call 020 3373 0826 to book. Thurs, 12-1.30pm, Stratford

50+ ACTIVITIES

Bingo (50+yrs) Mon, 1-2pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group Weds, 12-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

Dominoes Group Fri, 6-10pm, Field C.C

Chair Based Yoga Tues, 12.30-1.30pm, Manor Park

Forever Young ★

Enjoy community activities and make new friends. **Weds, 11am-1pm, Beckton;** **Weds, 10.30am-12.30pm, Field C.C.**

Happy Living Club ★

Indoor and outdoor activities. **Tues, Weds, 1.30-5.30pm, Jeyes C.C.**

Holiday Spanish Club ★

Weds, 12.30-1.30pm, Manor Park

Walking Football ★

Email: dgheerawo@westhamunited.co.uk or call 07803 201299. **Tues, 10-11am, Priory Park**

Get Active, Get Healthy, and Exercises for Fitness

Thurs, 11-12pm, Jack Cornwell C.C.

Line Dancing

Weds, 12.15-1.15pm, £2.50, Well Community Centre, East Ham

Get Active, Get Healthy ★

- Walk to the Park Mon, 10.30-11.30am, Manor Park

Backercise ★

Tues, 6-7pm, The Gate

Get Active Get Healthy, Zumba/Salsa

For men and women. **Thurs, 10-11am, until 29 Sept, Barking Road C.C.**

Get Active Get Healthy, Line Dancing and Folk

Dance Suitable for all levels, open to men and women. **Thurs, 11am-12pm, Barking Rd C.C. until 29 Sept**

Community Food ★

Growing Project **Weds, 10am-12pm, East Ham**

Community Cooking Project

Six-week course. **£6. Weds, 11.45am-1.15pm, East Ham**

Zumba & Indian Dance

Fri, 12-1pm, Jeyes C.C.

Chair Based Exercises ★

Numbers are limited. **Weds, 10.45-11.45am, Community Rd Centre, Stratford**

Pilates Class

Tues, 9.30-10.30am, Field C.C.

Drop-In Embroidery Class ★

Mon, 11am-1pm, East Ham

Chair Based Exercise

For all fitness levels. **Fri 30 Sept, 10.30-11.30am, East Ham. ★**

Get Active Get Healthy, Activity Day

Taster sessions to keep you active and healthy, for all levels. **Thurs, 29 Sept 10am-4pm, East Ham Library. ★**

Fitness for 50+ ★

Fitness circuit, mixed, 9.15-10am, Thurs; **Fitness circuit, mixed, 10-10.45am, Thurs;** **Zumba, 1-2pm, Tues, ladies only;** **Exercise for ladies, 9.30-10.30am, Fri;** **Exercise for ladies, 10.30-11.30am, Fri,** **yoga for ladies, 1-2pm, Fri.** **Katherine Road C.C.**

Older Peoples Day

Including health and wellbeing stalls, massage and feel good tasters, history and afternoon tea. At Ruscoe Road Sheltered Scheme, 55 Ruscoe Road, Canning Town, E16. **Thurs 29 Sept from 11am-3pm.**

Zumba classes

London Tamil Sangam Centre, 369 High St North. **Thurs, 7-8pm, £5 per class**

GREEN



Green Gym **Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156 ★**

Green Volunteering **Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd) ★**

Garden Club ★

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes ★

Gardening Club **Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6**

Grow Together Be Together Community Gardening

Club **Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070**

Caravanserai Garden

Volunteering **Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384**

Community Gardening **Tues, 11.30am-2.30pm, St John's Green Community Garden**

DOORSTEP CLUBS



Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. **Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394756**

Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions ★

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Female Boxfit (14yrs+) ★

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783526

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Modern Arnis Martial Arts (16yrs+)

Tues, 5-6pm. Call 07473 030250. Jack Cornwell C.C.

Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281529

Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Fun Female Fitness ★

(14yrs+) **Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email:**

sports@newham.ac.uk

Netball (14yrs+)

Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292902; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Ability Club (14-25yrs) ★

Multi sports for disabled young people. **Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13**

Swim for Families ★

Dealing with Autism **Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123**

Family Swims ★

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

Get Fit for Free ★

Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

RUNNING



Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.parkrun.org/beckton

Run England

£2 unless stated. Sun, 10am-12pm, Newham Leisure

Centre, E13 (meet on track).
Mon, 4-5.30pm, Newham
Leisure Centre, E13 (meet on
track). Mon, 5.45-6.45pm,
Newham Dockside, E16 (meet
at reception). Weds, 12-1pm,
Newham Dockside, E16 (meet at
reception). Thurs, 5.15-6.15pm,
UEL Docklands Campus, E16
(meet at reception). Sat, 10-
11.30am, Wanstead Flats, E12
(meet at Harrow Rd Changing
Pavilion). Sat, 10-11.30am,
Memorial Park, E15, £4 (meet at
car park). Call 07718 394874.

East End Road Runners
Tues and Thurs, 7pm. Sun, 9am.
Meet on the track. Coached
sessions for all abilities. Newham
Leisure Centre, E13. Call 07979
261647.

SPORTS

2 1 3

Cricket (14yrs+) Tues, 6-8pm,
Newham Sixth Form College,
E13. Call 07476 269226

**Lister Table Tennis
Satellite Club (11-25yrs)**
Weds, 6.30-8pm, Newham
Sixth Form College, E13. £1. For
information call 07888 830179

Indoor Cricket (8-16yrs)
Weds, 6-8pm, £2, Lister
Community School, E13,
email: michelle.daniel@
activeNewham.org.uk

**Black Arrows
Badminton Club** Adults: Fri,
7-9pm, Juniors: Sat, 10am-
12pm, £3.70, East Ham LC.
Adults: Weds, 7-10pm, UEL
SportsDock. Call 07932 037173

**Newham and Essex
Beagles Athletics Club**
Mon and Weds, 6-9pm.
Foundation groups (8-
10yrs). Mon, 7-8pm and
Weds, 6-7pm, £5. Terence
McMillan Stadium, Newham
Leisure Centre, E13. www.
newhamandessexbeagles.co.uk

BMX (6-16yrs) Sun, 10am-
12pm, £3. Gooseley Playing
Fields, St Albans Ave, E6. Call
07961 333615

Adult Tennis (16+) ★
Sat, 9-10am, 10-11am, 11-
12pm, Central Park (tennis
courts), High St South, East
Ham, E6 6ET. Sun, 9-10am,
10-11am, 11-12pm, Stratford
Park (tennis courts), West Ham
Ln, Stratford, E15 4PT Contact:
michelle.daniel@activenewham.
org.uk 07741 293513

Table Tennis (14yrs)
Thurs, 4.40-6pm, Newham
College, East Ham Campus, E6
6ER. Email: sports@newham.ac.uk

Volleyball with Newham ★
College (14yrs+) Thurs, 5.30-
7pm, East Ham Leisure Centre,
email: sports@newham.ac.uk

FOOTBALL



AIR Football (16yrs+) ★
Tues, 1-3pm, Fri, 10am-
12pm, Memorial Park,
Memorial Ave, E15. Fri,
3-5pm, Beckton Powerleague,
E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia
Village, 65 Evelyn Rd, E16

Football & Multi Sports
Mon, 4-5.30pm, Newham
Leisure Centre, E13.
Weds, 5-6pm, Stratford
MUGA, West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-
6pm, U16yrs, U18yrs, 6-7pm
Newham Leisure Centre, E13

Premier League (16yrs+) ★
6-a-side (4 subs) Weds,
7-10pm, Newham Leisure
Centre, E13

WHU Kicks ★
Mon, Tues, Fri, 4-7pm,
WHUCST, Beckton 3G, 60A
Albatross Cl, E6. Thurs, 6.30-
7.30pm, Little Ilford Learning
Zone, 1 Rectory Rd, E12.
Thurs, 6.30-7.30pm, Stratford
Park MUGA, West Ham Ln,
E15. Sat, 10.30am-12pm,
Newham Leisure Centre, E13

Ascension Football
Sat, 10-11.30am, £3.

Reception to 11yrs. King
George V Park, King George
Ave, E16. Call 07806 584925

BASKETBALL



Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowhill
MUGA, Snowhill Rd, E12

Basketball Sessions ★
Thurs, 5.30-6.30pm, Little Ilford
Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs,
Tues, 6-8pm, U15/16yrs,
Rokeby School, E16.
Thurs, 4.30-6pm, U13/14yrs
boys, U14yrs girls; 6-8pm,
U16yrs, Newham Leisure
Centre, E13, 6-8pm, U18yrs,
Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham
Leisure Centre. To register
email: sports@newham.ac.uk
or call 020 8257 4255

Senior Programme ★
Mon, 7.30-9.30pm, Division 2
women and division 3/4 men.
Rokeby School, E16. Call
07947 401616

Basketball (14yrs+)
Tues, 5.30-6.30pm, Forest Gate
Community School, E7 9BB.
Email: sports@newham.ac.uk

COMMITTEE MEETINGS

Meetings take place at
Newham Town Hall, Barking
Road, E6, unless otherwise
stated. **Thurs, 6 Oct**, Health
and Wellbeing Board

CONTACT THE MAYOR

Here to Help sessions
Please register 30 minutes before
session starts. **Sat, 24 Sept**,
10am, 1st floor, East Ham
Customer Service Centre and
Library, 328 Barking Rd, E6 2RT

Telephone surgery
Weds, 28 Sept. Please call
020 8430 2000 between
10am and 11am

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 6-8 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies
020 3373 6881
Community Outreach 020 337 30813
Church of God 37 Manor Park Road,
E12, 020 8911 9494
**The International Quarter Marketing
Suite** Celebration Avenue, E20 1DB

LEISURE & SPORTS VENUES

Atherton Leisure Centre
189 Romford Rd, E15
Balaam Leisure Centre
14 Balaam St, E13
East Ham Leisure Centre
324 Barking Rd, E6
Newham Leisure Centre
281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus,
University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre
14 Manor Wy, E6, 020 7511 1214
East Ham Market Hall Myrtle Rd,
E6 1HY, 01708 740 092
Field Community Centre
147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park,
Memorial Ave, E15, 020 3373 0650
The Hub 123 Star Ln, E16
020 3373 0750
Jack Cornwell Community Centre
Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre
1 James Cl, E13, 020 3373 2205
Katherine Rd Community Centre
254 Katherine Rd, E7, 020 8548 9825
St Mark's Community Centre 218
Tollgate Rd, E6, 020 7474 1687
Vicarage Ln Community Centre
Govier Cl, E15, 020 8519 0235
Harold Rd Centre 170 Harold Road,
E13 0SE, 020 8472 2805
Queens Market Green St, E13
Rabbits Rd Institute
835 Romford Rd, London E12 5JY
Royal Docks Learning Activity Centre
Albert Rd, North Woolwich, E16 2JB
St John's Green Community Garden
Albert Rd, North Woolwich E16 2JB
St Bartholomew's Church & Centre,
292b Barking Road, E6 3BA
London Road, 1 London Road, E13 0AT
The Community Resource Centre,
200 Chargeable Lane, E13 8DW 020
3373 2697



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A circular inset image showing a young woman with long dark hair, wearing a grey t-shirt, looking down at a tablet device she is holding. The background is blurred, showing other people in a school setting.

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email: info@six21.org.uk